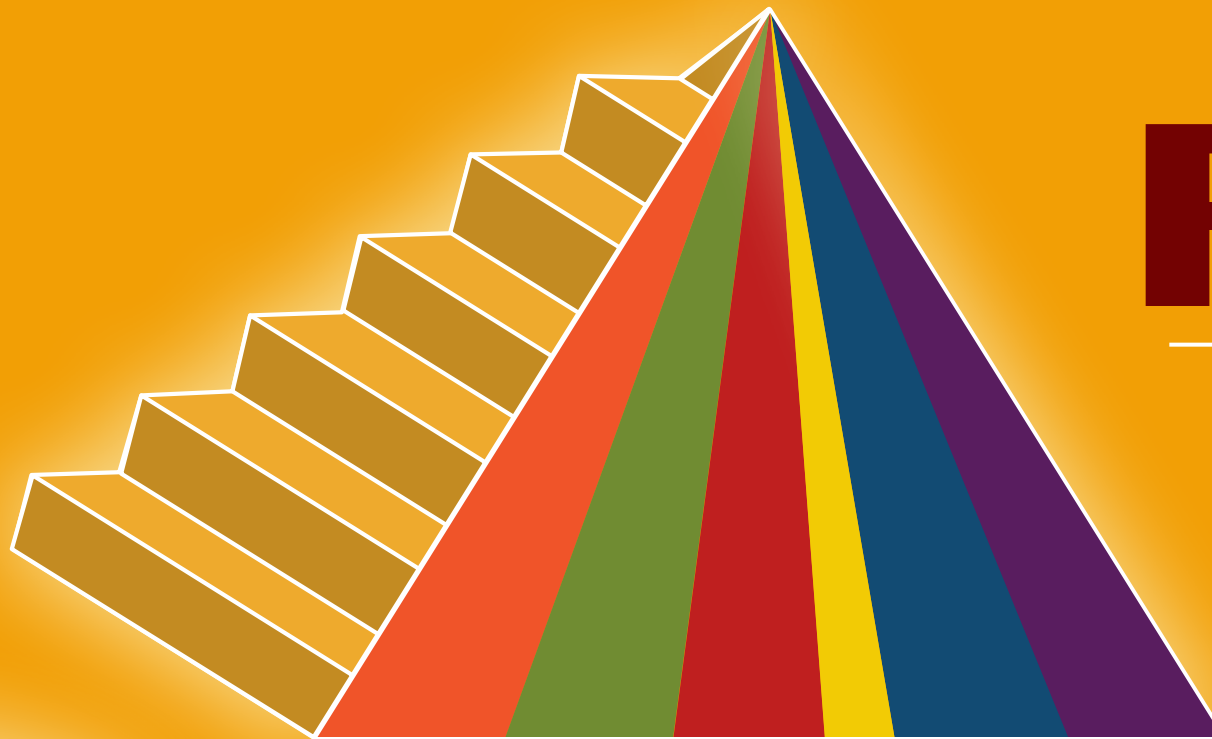


Eat Healthy for Life.

Refer to this USDA
Food Pyramid chart
when planning your
daily meals.



GRAINS

**Start smart
with breakfast.
Look for
whole-grain
cereals.**

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

VEGETABLES

**Color your plate
with all kinds of
great-tasting veggies.**

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

FRUITS

**Fruits are nature's
treats — sweet and
delicious.**

Go easy on juice and make sure it's 100%.

OILS

MILK / DAIRY

**Get your calcium-
rich foods.**

Move to the milk group to get your calcium, protein and other essential nutrients, all of which are important to build strong bones and healthy bodies.

MEAT & BEANS

**Eat lean or low-
fat meat, chicken,
turkey, and fish.
Ask for it baked,
broiled, or grilled
— not fried.**

It's nutty, but true, nuts, seeds, peas, and beans are all great sources of protein too.

